

MARCH 2009

Lehi Community Council Newsletter

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VOTE FOR OFFICER TERRY @ America's Most Wanted ALL STAR



America's Most Wanted ALL STAR

**Week 2 Voting has begun.
Vote for your favorite All-Star today.
You can vote once a day, so come back
tomorrow and vote again.**

**[http://www.amw.com/
allstar/2009/index.cfm](http://www.amw.com/allstar/2009/index.cfm)**

On the morning of June 23, 2008, a clerk at a gas station in Lehi, Utah alerted police of a possible impaired driver. Captain Harold Terry, a 16 year veteran of the Lehi Police Department, was on his way into the office, when he overheard dispatch from this call. Soon after hearing the call Harold observed a vehicle fitting the description, and initiated a traffic stop. After a brief conversation, the driver produced a pistol and fired two shots from point-blank distance, hitting Captain Terry in the left side of the head. He was transported by helicopter to the hospital where he underwent intense surgery to remove the bullet fragments from the left temporal lobe of his brain. He remained in the hospital for almost a month, before being able to come home to his family and friends. His daughter says he is currently undergoing therapy with a positive attitude. Captain Terry received a Purple Heart from Lehi Police Department for his participation in this incident.



Living Green in Lehi

Look for a new article each month about Living Green in Lehi . We will represent the many aspects of "GREEN" . We'll cover recycling, technology, home and garden, food and health, transportation & our positive impact on the world in which we all live.

How to start a walking group

Starting a walking group doesn't require much. Simply spread the word and get organized. Soon you'll be walking toward better health. If you crave solitude, walking on your own might be the perfect workout. If you'd rather look to others for inspiration, don't go it alone. Start a walking group today! More info:

http://www.mayoclinic.com/health/walking/SM00062_D

Call or e-mail me [768-3149, cindyleemuir@yahoo.com] with all the details of your "new" or "well established" Walking Group and I will include it in our monthly newsletter.

Walking with others has lots of benefits:

- It's safer than walking alone
- It relieves boredom
- It's fun and motivating
- It gives you a chance to socialize and make friends
- It increases your commitment to your walking

Stretch for a More Flexible You

Just a few minutes of stretching each day can help you stay limber for a lifetime. And that's not all: Improving flexibility means better balance, a straight back, less pain and fatigue, and even a clearer mind. Warm up, then practice one of these moves from *8 Weeks to a Younger Body: The At-Home Workout for a Firmer, Fitter You* by health-and-fitness trainer Joan Pagano. [View the slideshow](#) of Stretches.



Drop an Entire Dress Size with This Speedy Strength Workout

Crunched for time but still want to tighten, tone, and get back into that too-tight dress? Try this full-body strength

workout from New York City-based trainer Pete Cerqua, author of *The 90-Second Fitness Solution*.

Instead of countless sets and reps, you'll do each exercise just once (or once per side), stretching the movements out over a full 90 seconds. Follow this routine 3-4 times a week (with 1 day of rest in between) and you'll shrink a size in a month. [View the slideshow](#) of Strength Workout.



Just a fun site for kids! <http://www.kidsforsavingearth.org/>

To find a location to recycle ANYTHING go to...

http://www.gengreenlife.com/green_listings.php

What Kid's Need to Succeed

Tips for Staying Active With Kids and Family

If you've got kids, of course you want to make sure they grow up fit and healthy. But you also know it's hard to juggle work, family, and physical activity—for you alone, never mind for you and your kids. Setting a healthy example is a good start; research shows that parents who are physically active increase the likelihood that their kids will be active as well. But if you're looking for ways to get your kids involved, check out these tips.

- 1. Plan outdoor activities**-Set aside one day a weekend to do something active as a family
- 2. Take classes together**-Ask around at fitness clubs and community centers in your area about yoga or aerobics classes offered to parents and kids together. Look into websites like, [burn calories with your baby](#), [partner yoga](#), [stroller workouts](#) and "[doga](#)"—yup, yoga for you and your dog.
- 3. Redo your family room**-Set a time limit on weekly television and incorporate [these Skinny House essentials](#) to keep your whole family moving.
- 4. Make chores fun**-Instead of relegating each member of the family to doing separate chores by themselves, turn chores into a game you can all do together.
- 5. Make over your meal plan**-Families that eat healthier also tend to have other healthy habits, such as regular physical activity.

Boy Scouts of America

www.utahscouts.org

Lehi District <http://www.utahscouts.org/openrosters/viewhomepage.asp?orgkey=2196>

The Boy Scouts of America LDS RELATIONSHIPS NEWSLETTER, (link below)

<http://docs.google.com/gview?a=v&attid=0.1&thid=11f73318f35eeb72&mt=application%2Fpdf&pli=1>

Lehi Police Dept will offer merit badge classes.
Classes fill up fast so call now for 2009 sign-ups.
Please sign up for the following classes by calling 766-5800.

March 18th. Citizenship Community

April 8th. Crime Prevention

All classes begin at 7:00 pm and are held at Police

The **Community Venturing Crew** will be meeting in the "Old Fire Station" February 12th at 7:00 pm to get organized and plan activities. For all youth ages 15-19.

American Legion Post 19-Lehi, Utah

<http://www.amlegpost19.com/>

The American Legion, Post 19 would like to invite local veterans interested in becoming a Legionnaire to contact the Post Commander or any of the Post officers by going to our website www.amlegpost19.com and selecting the Contact Us page.

The American Legion Auxiliary is looking for spouses of current and past members to assist in reestablishing the Auxiliary. Interested parties should contact **Leann Ellison at 766-2752**.

The Legion Hall may be reserved for an event to members or immediate family members of Post 19 at no charge. The public can also rent the hall for a small donation of \$100.00 and a \$100.00 cleaning deposit, refundable upon clean and non damaged departure. To make reservations contact **Harold Fenn 801-768-9598 or Richard Terry 801-368-2636**.

A **United States Flag repository** for US Flags no longer serviceable is located in the **Veteran's Memorial Bldg/Hatchings' Museum** on the second floor. We invite the community to bring unserviceable US Flags to this location so that they may be retired accordingly.



Intermountain Healthcare's Utah County Speakers Bureau offers health related presentations for local community and civic organizations in Utah County, free of charge, to groups of 15 or more.

We can provide timely, credible presentations on a variety of topics ranging from medical innovations and technology, to personal health and well being, patient care and the concern over rising costs.

Link to: [Popular Healthcare Topics](#)

Link to: [Request a Speaker](#)

Please note: Intermountain speakers are scheduled as available, on a first-come basis, and a three-week notice before the event is required.

If you have any questions, please contact us at:

Utah Valley Regional Medical Center

1034 North 500 West

Provo, UT 84604

Phone: (801) 357-7207

Lehi Senior Citizen Center

<http://www.lehi-ut.gov/seniors/index.php>

The Senior Center is located in the Legacy Center at 123 North Center Street. It is open Monday through Friday from 8:30 a.m. until 3:00 p.m. **Lunches are served daily, Monday through Friday at 12:00 noon.** The suggested donation for meals is \$2.00. **Reservations for lunch need to be called into the Senior Center by noon the previous day.**

Daily meals served at 12 noon (\$2 donation per meal), Monday-Friday

Transportation available upon request

Free blood pressure clinic on the first and third Wednesday of every month from 10:30 a.m. to 12 noon

Weekly craft class on Friday, 10:00 a.m. to 11:30 a.m.

Exercise equipment (stationary bike and treadmill)

Seniors can use the Legacy Center walking track from 10a.m. to 2p.m. free of charge

Bingo on Tuesdays and Fridays at 11:30 a.m.

Computers and computer classes with E-mail and Internet access



Utah County Senior Services

<http://www.utahcountyonline.org/Dept/Seniors/>

Foster Grandparent Program

Provides older Americans the opportunity to put their life experiences to work for local communities. Foster Grandparents serve as mentors, tutors, and caregivers for at-risk children and youth with special needs through a variety of community organizations, including schools, hospitals, drug treatment facilities, correctional institutions, Head Start and day-care centers.

Utah County Health and Justice Building

151 S. University Ave., Suite 2200 Provo, UT 84601 801-851-7784 801-343-8040 (fax)

Hours: 08:00 am - 05:00 pm Mon. - Fri. except holidays

Senior Companion Program

Provides older Americans with the opportunity to apply their life experiences to meeting community needs. Senior Companions serve one-on-one with the frail elderly and other homebound persons who have difficulty completing everyday tasks. They assist with grocery shopping, bill paying, and transportation to medical appointments, and they alert doctors and family members to potential problems. Senior Companions also provide short periods of relief to primary caregivers.

Utah County Health and Justice Building

151 S. University Ave., Suite 2200 Provo, UT 84601 801-851-7767 801-851-7766 (fax)

Hours: 08:00 am - 05:00 pm Mon. - Fri. except holidays

Something cool that Xerox is doing for our Soldiers



If you go to this web site, **www.LetsSayThanks.com** you can pick out a thank you card and Xerox will print it and it will be sent to a soldier that is currently serving in Iraq . You can't pick out who gets it, but it will go to some member of the armed services.

How AMAZING it would be if we could get everyone we know to send one!!! This is a great site. Please send a card. It is FREE and it only takes a second.

Wouldn't it be wonderful if the soldiers received a bunch of these? Whether you are for or against the war, our guys and gals over there need to know we are behind them.

Lehi Merit Badge Pow Wow

Lehi Merit Badge Pow Wow

March 28, First Saturday of Classes

April 18, Second Saturday of Classes

Online Registration Dates: March 5-14

<http://www.mbpowwow.org/lehipowwow/Menu.aspx>

Pow Wow will be held: March 28th and April 18th, 2009

Lehi (LDS) Stake Center (link to map) 200 N. Center St. Lehi, Utah

When does Registration Open? This year, registration will be done partially online. On Thursday, March 5, at 9:00 p.m. reservations for Merit Badge classes will begin, and will remain open until Saturday, March, 14, at 8:00 a.m. Registration will be finalized March 14, from 9:00 a.m. to 12:00 noon by bringing the printed reservation or customer number to LDS chapel at 630 East 3200 North (where Roundtable is held) to pay enrollment and any additional fees.

Costs: Scouts: \$5.00 (+ any additional class fees) Leaders: No Cost

Print a Registration Worksheet

<http://www.mbpowwow.org/LehiPowWow/RegistrationWorksheet.aspx?PowWowPageID=25>

Program Schedule March 28 & April 18

10:30 - Opening Assembly (March 28 only)

11:00-12:20 - 1st Merit Badge class

11:10-12:10 - 1st Adult Leader class

12:40-2:00 - 2nd Merit Badge class

12:50-1:50 - 2nd Adult Leader class

Hutchings Museum

www.hutchingsmuseum.org



Geology classes every Wednesday Taught by MacGyver Adventures
Dave Sadler on Wednesdays 4:00 - 5:30.

The Hutchings Museum is looking Volunteers young and "older" to help out during the day.
Call 768-7180 if you are interested in being part of history !

March 7th 11:00 am - 5:00 pm	Utah Valley Knappers	Utah Valley Knappers - come learn or watch how projectile points (arrowheads, spear points,	12 and up
Geology Classes will continue on Wednesdays from 4:00 to 5:30 with Dave Sadler of MacGyver Adven-	The classes will then meet outside at different Geological sites to gold pan, dig for fossils, and more starting on April 22nd!	Dave's classes in the Museum are designed to help prepare students for a more rewarding experience at the geological sites in the Spring.	
March 19th 4:30 pm to 5:30 pm	Magic Classes with Lance Nielsen http://www.utahsmagician.com/	Lance will reveal and teach all new tricks and devices from his previous classes. He teaches great showmanship and all about the skill it takes to be a great magician. He literally knows thousands of tricks and will always have something new to share!	\$12.00 8 and up
March 26th 4:30 pm to 5:30 pm	Magic Classes with Lance Nielsen ADVANCED CLASS	Lance will teach a much more advanced and complex magic class for students who have already had at least one of his beginning classes. New tricks, and more	\$22.00 8 and up
March 31st	Anthropology 101 for Kids	BYU Anthropology major Amanda Rojas with hands on stations and a tour of the Native American Room will teach children the basics of what it is like to be an archeologist or anthropologist. Each child will leave with their own archeological discovery!	\$3.00 8 and up

Lehi City Arts Council

www.lehicityarts.org

Calender

Thu, Mar 5th, @7:00pm - 08:00PM
[Aristocats - Kidz Musical Theatre](#)

Sat, Mar 14th, @11:00am - 12:00AM
[Family Fun Concert - FREE](#)

Sat, Mar 14th, @1:00pm - 02:00PM
[Family Fun Concert - FREE](#)

"Learn how to make beautiful books by hand in this two-day adult class. **March 14th. & 21st. 9am to Noon.**

The course will teach you a variety of binding techniques to make your own journals, photo albums, sketchbooks and notebooks.

We will complete four different books while giving you skills and knowledge to further explore bookbinding on your own."

Materials to bring to class:

Pencil, Scissors, Craft knife (X-Acto), Cutting mat (if you have one) and a Metal Ruler.

The cost of the class is \$50, which includes registration and all other materials. Register online at www.lehicityarts.org.

For registration questions, please contact Jean Hatch at 801-766-0912 or 801-369-8806.

Lehi Chamber of Commerce

March 3rd - Lehi Area Chamber Lunch, 11:30 - 1:00pm, Lehi City Building (154 N. 100 E. Lehi) \$15 prepaid / \$20 at the door, pay online @ www.lehiareachamber.org. Our speaker is a great team player, Ifo Pili, Economic Development Director of Eagle Mountain City

March 24 & 25 - Free Be Ready Utah Class for Businesses, 12 points to Emergency Preparedness for your business and employees, sponsored by Homeland Security. 8:00 - 9:30 am both days, Lehi City Building (154 N. 100 E. Lehi) Help us be "Lehi Area Ready" in Utah County! RSVP @ rosek@lehiareachamber.org

Regular Monthly Events:

1st. Friday - Networking Lunch @ Los Hermanos in Lindon 12noon

1st. & 3rd. Wednesday - Networking Breakfast Club @ Winger's in Lehi 7:30 am

2nd Thursday - AF Chamber 12noon

4th Wednesday - WIB Lunch 12:15 pm

Every Wednesday - Rotary Lunch @ Thanksgiving Point

Lehi Library <http://www.lehi-ut.gov/library/>

- **Spring Story Time** March 9th thru April 30th. Theme: I looked out the window and what did I see?
- Mondays, Tuesdays, Wednesdays, and Thursdays at 9:30, 10:30, 11:30am and 12:30pm. Everyone is welcome!
- No registration required.
- **Zoo Pool Party** March 2nd 9:30-11:30 Lehi Legacy Center \$2.00 a person 3 and under free. You must sign up at Story Time to receive a goodie bag.



We hope that you have had a chance to visit the new **Pointe Meadow Branch** located at 2151 N. Pointe Meadow Drive (1940 W.) 471-5711. Our hours are: Monday-Tuesday 10:00 am- 5:00 pm, Wednesday-Thursday 10:00am-2:00 pm. Closed Friday, Saturday, Sunday and Holidays.

Lehi Literacy Center <http://www.lehi-ut.gov/literacy/>

If you want an amazing volunteer experience...Become a tutor at the Literacy Center. You do not need prior teaching experience to be trained as a tutor in reading or math. New volunteers can attend one of our 6 p.m. Thursday night Tutor Training sessions to get started. We accept tutors Monday- Thursday at 4 and 5pm in the reading lab and at 3, 4 and 5 pm in the math house.

One-on one tutoring available year-round, including summer sessions in the following subjects:

- Reading
- Math (Basic through calculus, including algebra)
- ESL (English as a Second Language)
- Computer help
- Spanish

Lehi Round-Up Celebration

www.lehi-ut.gov/roundup/

LEHI ROUND-UP CELEBRATION
'IF I COULD I WOULD.....'
THURSDAY, JUNE 19TH Through
SUNDAY, JUNE 28TH, 2009

The Float Workshop will be held Saturday,
March 14th Legacy Center 10 am to 11 am.

If you have something to say about the Lehi Round Up... Blog It @

<http://www.lehiroundupcelebration.blogspot.com>

If your business or family would like to pre-order Lehi City Round-Up Shirts, please contact Melissa McAllister at 358-6043 (available before Round-Up week in 2009)

The purpose of the Parade is to provide fun, relaxation, and patriotism for the citizens of Lehi and its viewing audience. In order to maintain the high quality of the Lehi Parade, we are asking for the following rules to be followed. Go to website for full details.

Boutique and Vendor Information

~ Monday, March 16th ~
Application Deadline

~ Monday, March 23rd ~
Acceptance / Declined notifications mailed

~ Friday, April 17th ~
Booth fees due

~ Thursday, April 30th ~
Cancellation deadline for full refund

~ Friday, May 15th ~
Booth assignments and set up info mailed

~ Booth Fees ~
\$100 ~ Lehi resident or business (10 x 10 booth space)
\$125 ~ Non resident or business (10 x 10 booth space)

Go to website for full details.

Thanksgiving Point

www.thanksgivingpoint.com

Thanksgiving Points Education Department has a great incentive program for Teen Volunteers. We are looking for teens 13 and up to help in preparing and assisting after school classes and summer day camps. The rewards are great! Anyone interested, contact Connie Packer 4-H program coordinator 369-3676.



**THANKSGIVING
POINT**

Also, Thanksgiving Point offers the following Boy Scout Merit Badge Classes: Environmental Science, Citizenship in the World and Geology. Anyone interested, contact the Dave Francis at 435-760-4109 or contact Thanksgiving Point and ask to get on their free mailing list at 801-768-2300.

Adult and Youth Volunteer Service Opportunities

Heart 2 Home <http://www.heart2home.org/> It is our goal to incorporate products, services and volunteers in any way possible! If you have a product or service that you would like to donate to our project, or would like to volunteer, please call or email the following individuals! Greg Adamson: 801-722-5202 grega@prudentialutah.com or Tiffany Berg: 801-380-0543 Tiffany@TiffanyBerg.com

Hutching's Museum has some projects that would work for Eagle Scout projects. Contact the Museum 768-7180

Lehi Family Week will meet the 4th Thursday of every month. Contact Connie Packer at 766-4029.

Meals on Wheels Contact: Liz Merrell at 229-3821 or emerrell@mountainland.org or Erin Dyreng at 229-3803 or edyreng@mountainland.org

The 2010 Census – A Great Way to Earn Extra Money 1-866-861-2010

The U.S. Census Bureau is recruiting temporary part-time census takers for the 2010 Census. The pay is good, the hours are flexible, and the work is close to home.

Census taker jobs are excellent for retirees, college students, persons who want to work part-time, persons who are between jobs, or just about anyone who wants to earn extra money while performing an important service for their community. Every 10 years, we conduct a census of our population. The results help determine your representation in government, as well as how federal funds are spent in your community on things like roads, parks, housing, schools, and public safety. As a census taker, you'll play a vital role in making sure that everyone is included. **Thousands are needed for temporary jobs** Conducting the census is a huge undertaking.

Thousands of census takers are needed to update address lists and conduct interviews with community residents. Most positions require a valid driver's license and use of a vehicle. However, public transportation may be authorized in certain areas. Earn good pay— Census takers receive competitive pay on a weekly basis. In addition, you will be reimbursed for authorized mileage and related expenses. Bilingual speakers are encouraged to apply! All census takers must be able to speak English, but bilingual skills in English and other languages are needed in communities that have a large number of residents who speak a language other than English. If you have such skills, we encourage you to apply. Besides good pay, you'll have flexible hours, paid training, and the chance to work within your own community. You'll earn a place in history, as well as work experience you can add to your resume. **Apply today by contacting your Local Census Office or by calling 1-866-861-2010!**

American Red Cross



The Lewis and Clark Blood Services Region of the American Red Cross Biomedical Services, is dedicated to providing safe blood and blood products to those in need. We will fulfill the needs of the American people for the safest, most reliable, most cost-effective blood, plasma, and tissue services through voluntary donations.

Donate Blood at the following locations:

Friday, March 27 Lehi Utah Traverse Mountain Stake

3 - 8 pm 2030 W. Chapel Ridge Road, Lehi

Tuesday, March 31 Lehi Utah East Stake

3 - 8 pm 900 North 700 East, Lehi

Saturday, April 24 Lehi Utah River Jordan Stake

9 am - 2 pm 2161 West 300 South, Lehi

To submit articles or information for this newsletter contact:

Cindy Lee Muir 801-768-3149 E-mail: cindyleemuir@gmail.com

Visit www.lehicity.com for an online copy of this newsletter.

Please feel free to contribute to this community newsletter.

If there is news-worthy information you would like to add just send me an e-mail with all the information.

Remember this is not a sales forum. We do not advertise business information.

Send this newsletter to anyone you feel might enjoy and use the information.

To stop receiving this newsletter reply to this e-mail with "stop newsletter" in the subject line.